

# August 2012 - Urbana Senior Center Activities

301-600-7020    UrbanaSeniorCenter@FrederickCountyMD.gov    [www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)  
 9020 Amelung St., Frederick, MD 21704    (1<sup>st</sup> floor of the Urbana Library)

\*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.  
 Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i><b>Mondays 9:00-3:00</b></i>	<i><b>Tuesdays 9:00-8:00</b></i>	<i><b>Wednesdays 9:00-3:00</b></i>	<i><b>Thursdays 9:00-3:00</b></i>	<i><b>Fridays - Closed</b></i>
<b>July 30</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games	<b>July 31</b> 11:00 Exercise to Video 11:30 Spanish 1:00 Stitching Post <b>1:00 Blood Pressure</b> <b>1:30 Hearing Loss/Aids</b> 5:30 Pizza Night/Games	<b>1</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Wii Bowling</b>	<b>2</b> 11:00 Exercise to Video <b>1:00 Phase 10 and other Games</b>	<b>3</b> <b>Center is Closed</b> *Lexington Market Trip
<b>6</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>7</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night <b>6:00 Arthritis Talk</b>	<b>8</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Wii Bowling</b>	<b>9</b> 11:00 Exercise to Video <b>1:00 Phase 10 and other Games</b>	<b>10</b> <b>Center is Closed</b>
<b>13</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>14</b> 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 Pizza Night/Games	<b>15</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>11:30 Blood Pressure</b> <b>Noon *Omelet Bar</b> <b>12:30 Ask Nurse Steve</b>	<b>16</b> 11:00 Exercise to Video <b>1:00 Phase 10 and other Games</b>	<b>17</b> <b>Center is Closed</b> *President Lincoln's Cottage & African American Civil War Museum Trip
<b>20</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>21</b> 11:00 Exercise to Video 11:30 Spanish 1:00 Stitching Post <b>1:00 Blood Pressure</b> 1:30 Rummikub 5:30 Pizza Night/Games	<b>22</b> Center is Closed  <b>*Picnic at Rocky Ridge Park</b>	<b>23</b> 11:00 Exercise to Video <b>1:00 Phase 10 and other Games</b>	<b>24</b> <b>Center is Closed</b> *Ice Cream Tour Trip
<b>27</b> 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games <b>1:30 *Tai Chi</b>	<b>28</b> 11:00 Exercise to Video 11:30 Spanish 1:00 Stitching Post <b>1:00 Blood Pressure</b> 5:30 Pizza Night/Games	<b>29</b> 9:30 Drawing/Painting Club 11:00 Exercise to Video <b>1:00 Wii Bowling</b>	<b>30</b> 11:00 Exercise to Video <b>1:00 Phase 10/Games</b>	<b>31</b> <b>Center is Closed</b>

